

FOR IMMEDIATE RELEASE

“This is an amazing book that I couldn’t put down once I started it. In Frank’s brutally honest and remarkably disclosive telling of his story you will find a hope-filled model.” —Richard Schwartz, PhD, Founder

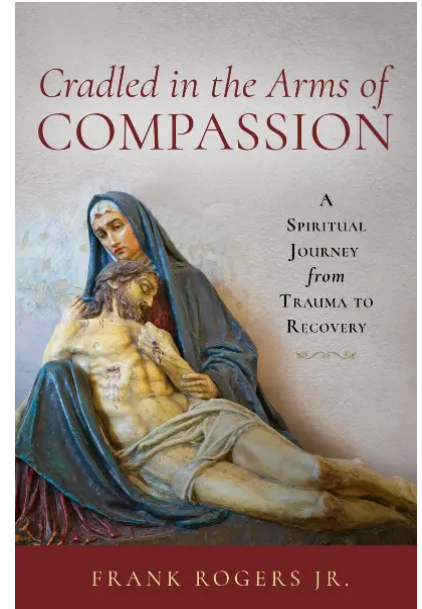
the Internal Family Systems Institute and author of *No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model*

“You were like this once. What did you do to get better?” A day out from a mental institution, a woman devastated by flashbacks and nightmares from childhood trauma poses this question to her big brother. Within a few weeks, she took her own life. This book is the answer that her brother wished he could have offered her.

Spiritual director and professor Frank Rogers had been there once. As a young adult, he too was tormented by trauma suffered in the same family. Wracked by depression and self-destructive behavior, he was on the edge of suicide. From intense despair, he set off on a quest—for answers, for sanity, for a credible God to see him through.

Cradled in the Arms of Compassion is at once a narrative of psychological transformation and a spiritual autobiography that details the survivor’s journey. Rogers shows how he found recovery through a combination of reflective retreats, therapy, creative expression, and an extraordinary application of imaginative meditation that surveyors of the soul and spiritual practitioners will find utterly fascinating. The ensuing discovery of tending to one’s interior world with radical hospitality evolved into the uniquely self-restorative process known as the Compassion Practice.

Frank Rogers’ account reveals that a compassionate sacred presence sustains this wounded world, and that this presence can be known, even in the sewers of life’s most damaging traumas.



**Cradled in the Arms of
Compassion: A Spiritual
Journey from Trauma to
Healing**

\$30 | Hardcover
9781957687209

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TALKING POINTS

- Trauma informed care and therapeutic approaches to trauma recovery benefit from a spiritual approach as well.
- Efforts to raise awareness about male *and all* survivors of childhood sexual trauma have increased, challenging stereotypes.
- People who are losing trust in their religious tradition need a credible sense of the sacred that feels real. So many are leaving church but they also lose their spiritual practices when they do so.

Frank Rogers Jr., PhD, is the Muriel Bernice Roberts Professor of Spiritual Formation and Narrative Pedagogy at Claremont School of Theology. He’s a spiritual director, speaker, retreat leader, and the author of *Practicing Compassion*, *Compassion in Practice: The Way of Jesus*, and *The God of Shattered Glass: A Novel*. He focuses on spirituality that is contemplative, creative, and socially liberative. He is the cofounder of the Center for Engaged Compassion and lives in Southern California with his wife Dr. Alane Daugherty, with whom he shares three young adult sons.



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